



**Here are some great ways South Carolinians are improving their health!**

***You can do it, too!***

***Christine Breighner*** of Sumter County “feels better, younger and happy” every time she goes on nature-fitness walks at Swan Lake and Iris Gardens in the Midlands with her family. Her family knows that you don’t need fancy equipment to get a good workout! They use the stairs up to the bridge for simple calf raises, park benches for tricep dips, and they do basic pushups and sit-ups in soft patches of grass.

***Jimmy Moore*** of Spartanburg County has improved his health by exercising everyday. In just one year, he went from weighing 410 pounds to 230 pounds. His favorite workout is the elliptical trainer at the YMCA during his lunch break! He believes that the key to his success is daily commitment, and he attributes his health improvements to a low-carb lifestyle.

***Joan Perry*** of Charleston County combines her interest in photography and passion for walking in her Lowcountry walking/photo blog. She carries her camera with her and posts pictures of who or what she encounters on her walks. She encourages other folks “to get up and get out.”

***Malinda Murphy*** of York County plants a large vegetable garden every spring and summer. Her family loves having wonderful vegetables to eat, and they enjoy working in the garden and canning and preserving their harvest. Malinda says, “This is great exercise and our kids love it. This is also an easy way to get our two sons to eat their veggies!”

***Mark Roberston***, Executive Director of the Nature Conservancy of SC, encourages South Carolinians to get active while enjoying our state’s natural beauty. “The Nature Conservancy’s Peachtree Rock Preserve in Lexington County is a great place to spend time and hike.”

***Shirley Corbett*** of Florence walks three miles each day and has maintained a weight of 125 pounds. She will be 70 years old this August. She also rides her bike about 12 miles per week.

***Stephanie George*** of Charleston County loves to get a group of her friends together and speed-walk the new Arthur Ravenel Bridge. She says, “There is nothing like increasing your heart rate, burning calories, and catching up with good friends while admiring the beautiful city we live in.”

**Healthy SC Challenge**

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